



Adult Post-Operative Instructions for the Tonsillectomy/UPPP Patient

What to expect:

First 12-24 hours do relatively well secondary to local (ie. numbing medications) used at the time of surgery. You may experience severe pain for 2 weeks. Expect a weight loss of 10-15 pounds. Patient will be unable to go to work. It is not uncommon to be tired and need to sleep and take pain medication for two weeks. Hydration is very important. Low grade fevers are common.

Additional Details:

1. Your physician will advise you when to schedule your follow-up appointment after your surgery. Please keep this appointment. The doctor needs to check your throat to be sure that it is healing properly.
2. **Diet:** During the first weeks the patient follows a soft diet: ices, popsicles, jell-o, soft cooked scrambled eggs, mashed potatoes etc. Avoid Crispy Foods (pretzels, popcorn, potato chips, etc.) Avoid excessively hot beverages, spicy foods, or citrus juices (orange juice or grapefruit juice) for the first 7-10 days. Milk products (ice cream, custards, milk, or milkshakes) can be added once you are swallowing well. You must drink enough fluids to prevent dehydration and fever.
3. **Activity:** Encourage rest and quiet activities for the first. Sleep is an important part of the recuperative period. Avoid strenuous activity and sports for 2 weeks.
4. **Bleeding:** 7-10 days, there may be some bleeding and increased pain in the tonsil area. Rinse your mouth with ice water mixed with hydrogen peroxide (half and half) and spit it out. If the bleeding does not stop or is excessive, call your physician or go to the Emergency Room immediately.
5. **Pain:** A prescription for pain medication will be given; take as directed. If you do not need the prescribed medication and want to take over-the-counter medications, only take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your medication providing you wait 4-6 hours between doses. It is common to have a considerable sore throat, or sharp pains going to the ears after the surgery. The pain may be helped by using Auraglan ear drops in addition to the pain medicine. Do Not Use Auraglan Drops if you have Pressure Equalizing Tubes in your ears. It is not unusual to have increased pain before the pain gets better.

6. **Temperature:** Note any temperature elevation. Drink lots of cool liquids. If temperature is over 101 degrees orally and does not respond to medication, increase fluids and encourage the patient to take deep breaths. If this persists call your physician.

7. **General:** There is usually bad odor to the breath until healing has occurred. It does not mean infection. Brushing your teeth and tongue, as well as gently rinsing with mild salt water several times a day, may be helpful. The white patches in the back of the throat are moist scabs covering the tonsil area and does not mean there is an infection. An antibiotic may be prescribed post-operatively. Throat clearing and coughing Should Be Avoided as this could cause bleeding. Adenoidectomy patients should not blow their nose for approximately five days. Increased mucous production is normal and part of the healing process.

**PLEASE DO NOT HESITATE TO CALL THE OFFICE IF YOU HAVE ANY
QUESTIONS OR PROBLEMS.
410-760-8840.**